

Courses & Descriptions

Pre-School Spring (£4.00 per session) Walking—school age: An unstructured class where children and parents play together on the pre-school apparatus under the supervision of coaches. One parent to one child recommended, two children to one parent accepted.

Pre-School Taught (£4.00 per session) Walking—school age: A structured class for children and parents. Coaches teach basic gymnastics skills on the pre-school apparatus. One parent to one child recommended, two children to one parent accepted.

Pre-school Independent (3yrs - school age): A structured 6 week course for children who are taught gymnastics skills on the pre-school apparatus. Parents do not take part but are welcome to watch the sessions from the viewing gallery.

Beginner Gymnastics courses (School age and upwards): An introduction to gymnastics and its apparatus. Participants learn the basic skills that provide a foundation in gymnastics.

Improver Gymnastics courses (school age-13): Improver courses may be more appropriate for those who have mastered the basic skills. There is more focus on conditioning and strengthening exercises that are needed to achieve more difficult skills.

Freestyle Gymnastics (13yrs+): is a new and emerging branch of gymnastics which includes aspects of parkour, free running, tricking, in a safe indoor environment. Classes include a structured warm up and cool down lead by one of our Freestyle coaches, followed by an open session for gymnasts to use the equipment in new and creative ways. Gymnasts are given a certain level of freedom to develop their own “paths” within the gymnastics centre, but coaches will be on hand to supervise and to introduce skills to beginners.

Tumbling (8-15yrs): Tumbling is a 6 week course which is all about somersaults, flips and twists - and linking them together, one right after the other. If you've already got a bit of gymnastics experience, it's easy to get started with tumbling (not to mention a whole lot of fun).

To book onto a session call 01603 592937

For any more information please email gymnastics.sportspark@uea.ac.uk

SPRING Gymnastics & Trampolining

Autumn Term Courses 2017

- ◆ Our Gymnastics Courses are for 14 weeks and start W/C Monday 11th September
- ◆ We have 6 week courses available for adult gym, freestyle gymnastics and pre-school which will start W/C Monday 11th September
- ◆ Pre-School Play and Pre-School Taught Classes are drop in sessions and are bookable 10 days in advance.
- ◆ Full timetable is overleaf & course descriptions are on the back page.
- ◆ Course prices can be found in the courses brochure.



We also offer fantastic Gymnastics, pre school and Trampoline parties, please visit www.sportspark.co.uk for more information.

Sportspark SPRING Gymnastics and Trampoline Centre - Autumn Term Programme 2017

	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	
Mon		PRE-SCH Spring	PRE-SCH Spring	PRE-SCH Spring	PRE-SCH Taught	PRE-SCH Spring		BEG Sch-7	BEG 8-10	BEG 11-13				
Tues		PRE-SCH Spring	PRE-SCH Spring	PRE-SCH Spring	PRE-SCH Inp 6WK	PRE-SCH Spring		Advanced						
								IMP Sch-7	IMP 8-10					
								BEG Sch-7	BEG 8-10					
Wed		PRE-SCH Spring	PRE-SCH Spring	PRE-SCH Spring	PRE-SCH Indp 6WK	PRE-SCH Spring		BEG Sch-7	BEG Sch-7	BEG 8-10				
								BEG Sch-7	BEG Sch-7	BEG 8-10	Tumbling 8-15 6 Week			
Thurs		PRE-SCH Spring	PRE-SCH Spring	PRE-SCH Spring	PRE-SCH Taught	PRE-SCH Spring		IMP Sch-7	IMP 8-10					
								BEG sch-7	BEG 8-10		IMP 11-13	Free Style 13-15 6 Week		
Sat	BEG Sch-7	BEG Sch-7	BEG 8-10		Gymnastic Parties Please call 01603 593403 or email events.sportspark@uea.ac.uk					Private Hire Please call 01603 593403 or email events.sportspark@uea.ac.uk				
		BEG Sch-7	BEG Sch-7	BEG 8-10										

Please note: UEA student sessions are for UEA students only